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The *dark* history of candy

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ROSEMARY WESTWOOD metroVIEWS

Vancouver metro

Your essential daily news | THURSDAY, APRIL 7, 2016

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metroSPORTS

City out to save rental stock from Airbnb

HOUSING

Council votes to investigate impact of short-term rents

Emily Jackson
Metro | Vancouver

The City of Vancouver will move forward with an investigation into Airbnb's effect on rental housing, a preliminary move to protect the city's limited rental stock despite concerns from residents who enjoy the extra income from renting their homes.

Councillors voted Wednesday to expedite a study of whether short-term rentals, particularly the estimated 4,000 units available on Airbnb, are eating up long-term rental supply in a city with a near-zero rental vacancy rate. Staff will also develop potential regulations to address the situation, all while trying to find a balance for those who like the service.

"It's critical we make sure those long term units remain available to residents," Coun. Geoff Meggs said.

Even if only a share of the Airbnb listings remove units from the long-term rental stock, Meggs said it's critical to protect long-term rental units for people with middle incomes. More than half of Vancouverites are renters, and skyrocketing real estate prices are increasing the competition for the units that are available.

But Strathcona resident Emily Plummer, who first moved to Vancouver as a UBC student in 2008, warned councillors that Airbnb is how her and her partner are able to stay in the city in the first place.

With the consent of her landlord — and the proper insurance — Plummer rents out a room and the basement suite in the duplex they rent for $4,000 per month. Without the extra income, she is on the "brink of moving out because of unaffordability," she said.

"It's not common you have hosts coming and speaking up because there's a huge risk in that, and a lot of people don't want to take that risk," she said.

She believes Airbnb has helped her participate more in the community, as they introduce their guests to local businesses and find it's a great way to meet people in an isolating city.

"The bad apples affect how all of us are seen," she said. "Don't just paint us all with one brush."

> **Airbnb is illegal and contributing to serious lack of housing.**
> Quentin Wright

Still, as Mole Hill Community Housing executive director Quentin Wright pointed out, it is illegal under current bylaws to rent a unit for less than 30 days without a proper business licence. Wright told council he doesn't understand why the city doesn't crack down using the existing rules.

"Airbnb is illegal and contributing to serious lack of housing," Wright said, noting there are more than 500 people on waiting lists for community housing in the West End.

"It's not a sharing economy, it's about self interest and profit," he said, adding it brings tourists to "unlicensed, unregulated, uninsured fire traps."

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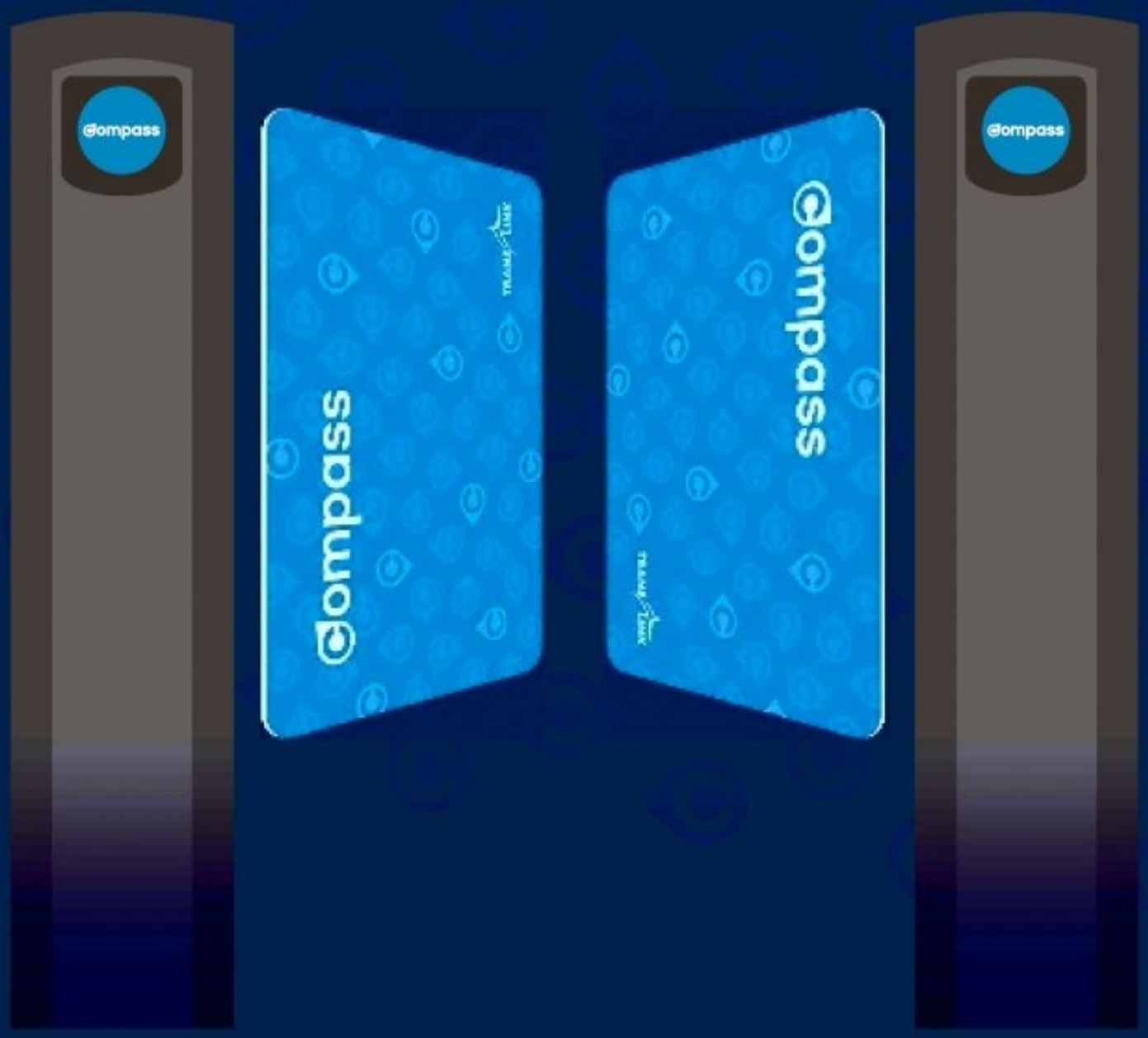

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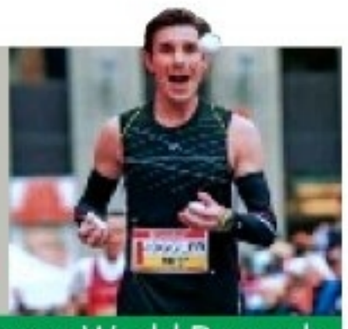


Canada home to the fastest 'joggler,' says Guinness World Records

Study offers hope for severe heroin addicts

MEDICINE

Two drugs found effective when normal options fail

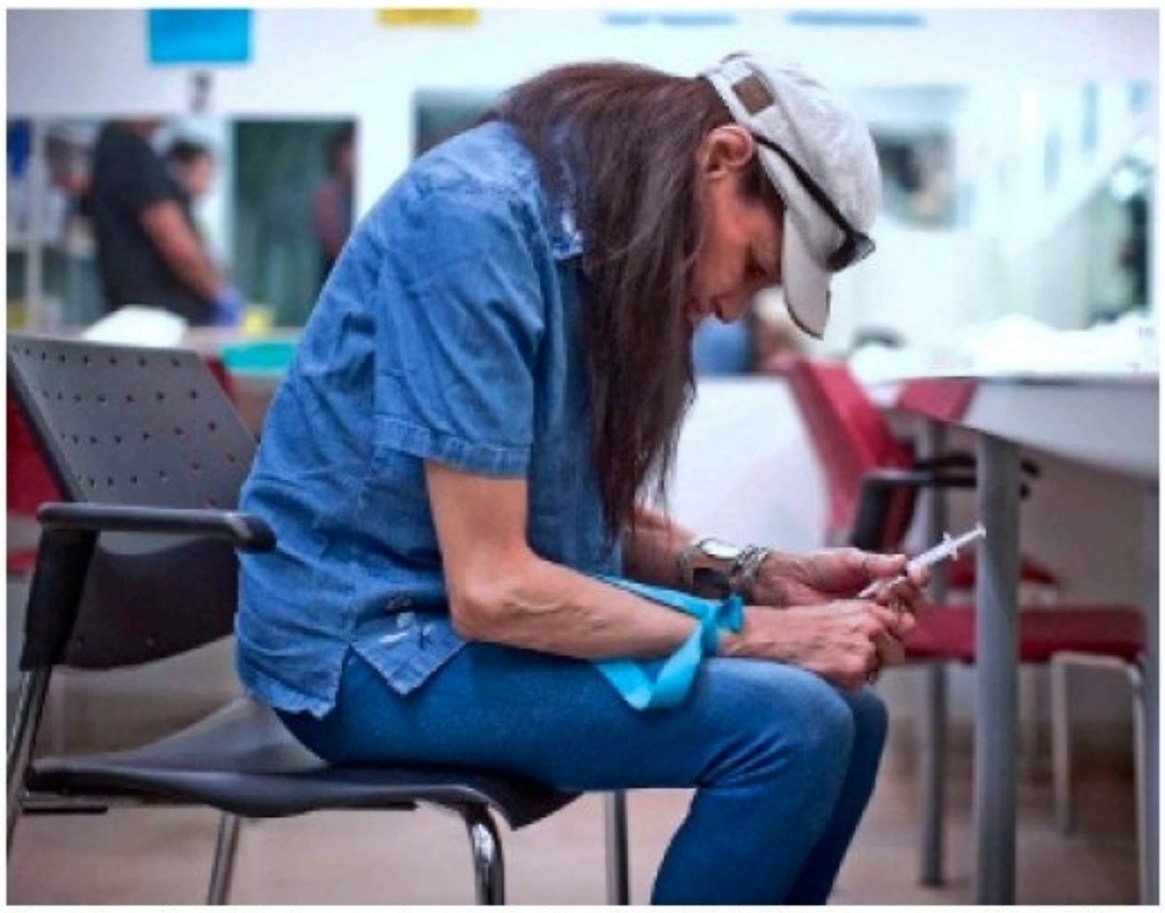
For nine years, Max's life spiralled out of control as a heroin addiction following a car crash had him living on the streets, barely eating and constantly hungering for his next fix.

Methadone treatment failed, and he thought he'd die. But in 2011, he was recruited into a study to test the effectiveness of a pain medication called hydromorphone versus pharmaceutical-grade heroin for addicts.

Max didn't know which of the two medications he was getting as part of the four-year study, but he knew one thing: He wasn't craving illicit heroin and he wanted to live.

"I turned 50 yesterday," Max, whose last name was not released, told a news conference Wednesday as researchers announced the results of a groundbreaking trial involving 202 participants.

The Study to Assess Longer-term Opioid Medication Effectiveness found injectable hydromorphone and diacetylmorphine, the supervised prescribed heroin, are equally effective at treating severely addicted heroin users who don't respond to methadone or suboxone.



Tracey Loyer injects hydromorphone at the Providence Health Care Crosstown Clinic in the Downtown Eastside on Wednesday. DARRYL DYCK/THE CANADIAN PRESS

Researchers from Providence Health Care, the Centre for Health Evaluation and Outcome Sciences at St. Paul's Hospital, and the School of Population and Public Health at the University of British Columbia said the results underscore the urgent need for more treatment options for chronic addicts.

"I'm not sure I'd even be here today if I didn't take this study," said Max, who learned he responded to hydromorphone, which didn't get him "stoned" but helped to wean him off heroin and put him on a path to getting his life back.

"When I first entered the program I was homeless, I was committing crime to get my fix," he said, adding others "are screaming for help" because they too have hit bottom.

The study's participants injected either hydromorphone or the pharmaceutical-grade heroin three times a day at a clinic under medical supervision and with the support of medical staff, counsellors and social workers who helped with other aspects of their lives, such as housing.

Addictions researcher Dr. Eugenia Oviedo-Joekes, a principal investigator in the latest study, said heroin addiction has taken a heavy toll on society.

"We have been trying to get this going for 20 years," she said of the study, adding hydromorphone or the prescribed heroin needs to be given under medical supervision in case of overdoses, so more clinics must open in other jurisdictions.

"It's a statement of what we want to be as a society," she said. "If a treatment is not working, what are we going to do to help people who need it the most?"

Dr. Scott MacDonald, the lead physician at the Crosstown Clinic in Vancouver's Downtown Eastside where the study was done, said he is still treating people, including Max, with hydromorphone.

"Whether you've been using five, 10 or 15 years, this could help you," he said. "It's safe, it's effective, and most importantly, it's available now."

THE CANADIAN PRESS

IN BRIEF

Site C forges ahead with turbine, generator deal

Premier Christy Clark says the province has signed a $470-million deal for turbines and generators to be designed, supplied and installed at the Site C dam.

It's the latest sign the province is forging ahead with construction of the $8.8-billion dam on the Peace River, despite protests and court challenges against the mega-project. THE CANADIAN PRESS

Premier denies actions based on donations

B.C.'s premier says she doesn't walk into meetings with people asking how much they donated to her party.

Recent reports say some people pay thousands of dollars to meet with Christy Clark, but she says the amount of money individuals or businesses donate has no bearing on her government. THE CANADIAN PRESS

Driver released following accident that killed officer

The RCMP say a driver who was arrested after a crash that killed an 11-year member of the force has been released without charges.

The man was taken into custody yesterday after the collision that left Const. Sarah Beckett dead in Langford. Cpl. Janelle Shoihet confirmed the man was released this morning but says a criminal investigation is still ongoing. THE CANADIAN PRESS

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‘Access without fear’ passes

IMMIGRATION STATUS

City approves policy to open up its services to vulnerable

Emily Jackson
Metro | Vancouver

City of Vancouver councillors unanimously approved a policy to provide people with uncertain immigration status access to services without fear that employees will share their information with public agencies that could deport them.

The policy will allow vulnerable residents, whether they’re foreign students or workers with expired permits, refugees whose claims were rejected or temporary foreign workers who lost their jobs, to interact with civil servants without being afraid they’ll get reported to the Canada Border Services Agency (CBSA), unless required by law.

“This policy at its root is about safety,” B.C. Civil Liberties Association director Josh Paterson told council in support of the policy.

Protesters bring a box of 7,500 signatures calling for an inquiry into the death of Lucia Vega Jiminez to the Canada Border Services Agency’s Vancouver office in February 2014. MATT KIELTYKA/METRO

“It’s about a woman being able to come forward and seek help in a situation of domestic abuse; it’s about a family not being afraid to call a building inspector because of the conditions of their apartment; it’s about making sure children that live in this city have the right to access programs and services on an equal basis.”

> This policy at its root is about safety.
> Josh Paterson, B.C. Civil Liberties Association director

The approval comes more than two years after Lucia Vega Jiminez, a Mexican woman living in Vancouver who had her refugee claim rejected, died by suicide while in CBSA custody. She was detained after transit police handed her over to the CBSA after discovering her identity during a routine fare check.

Shortly thereafter, the city started exploring becoming a “sanctuary city.” The final policy, which involved consultation with 100 people, dropped the term “sanctuary,” as it’s a bit misleading; municipalities do not have the jurisdiction to offer actual sanctuary to people without status.

The policy would not necessarily have prevented Jiminez’s death, as it does not apply to transit police. Nor does it apply to Vancouver’s police department, the park board or the library.

But Mayor Gregor Robertson promised to take it up with the Vancouver Police Board and said it’s a good step to ensuring the city is safe for everyone.

Vancouver Coastal Health’s executive director of population health Juan Solorzano agreed the policy is a step in the right direction, saying it shows leadership in advocating for people with uncertain status.

“It helps address some concerns about fear of prosecution and sense of belonging in the community.… These things contribute to health,” Solorzano said.

CULTURE

Little Italy coming to The Drive

Italian residents and business owners can offer a heartfelt grazie to Vancouver for finally recognizing a strip of the Drive as their cultural centre.

Councillors voted unanimously Wednesday to officially designate eight blocks of Commercial Drive as Little Italy in time for Italian Day on June 12.

The naming was previously caught up in delays surrounding the Grandview-Woodland neighbourhood’s community planning process, but councillors approved Coun. Melissa De Genova’s motion to separate the issues and expedite the naming. (Apparently staff members are already working on it.)

De Genova said she was thrilled by the decision, which she believes will make it easier for business owners to market the community.

“Vancouver prides itself on its multicultural character, and we are fortunate to have Chinatown, Little Saigon and the Punjabi market as cultural hubs in our city,” she said in a statement. “Today we can add ‘Little Italy’ to the list.” EMILY JACKSON/METRO

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HERITAGE

City names street after Jack Uppal

The late Jack Uppal is the first South Asian Canadian in Vancouver’s history to have a street named in his honour.

Council voted unanimously Wednesday — Vancouver’s 130th birthday — to name a street in South Vancouver after Uppal to recognize his vast achievements as a Sikh pioneer, including founding one of B.C.’s oldest sawmills along the Fraser River and a lifetime of activism in the South Asian community.

“I am delighted to honour Jack Uppal’s legacy as an extraordinary leader in our city,” Mayor Gregor Robertson said in a statement. “He was at the forefront of paving the way for a more equal Vancouver, free from racism and discrimination.”

ACCOLADES

Uppal first arrived in B.C. in 1926 when he was an infant. He went on to receive an honourary doctorate from SFU, a B.C. Community Achievement Award, UBC’s Nehru Humanitarian Award and the Queen’s Silver Jubilee Medal.

The street is located on the East Fraser Lands now known as the River District near where Uppal’s sawmill was located.

“Naming a street in celebration of my father shows how much respect the city of Vancouver and the Canadian society has for him,” Uppal’s daughter Cindy Bains said in a statement. “He, along with other elders in the South Asian community, set the foundation to stand up to racism and discrimination.” EMILY JACKSON/METRO

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Wildlife rescue group warns of low resources

ANIMAL REHAB

6,000 animals expected to come through door: Official

Tereza Verenca
Metro | Vancouver

With the one-year anniversary of the English Bay fuel spill this week, the Wildlife Rescue Association of B.C. (WRA) says its resources are limited and should a larger spill ever happen, things could get sticky.

When the MV Marathassa leaked roughly 2,700 litres of bunker fuel into the bay on April 8 last year, city officials said up to 30 birds were affected.

Of those, only three bufflehead ducks were brought into WRA — the others were never located.

"Right now, there's no legislation to protect wildlife in an oil spill situation, so it's very difficult to get resources for it," Linda Bakker, programs director at WRA, told Metro during a tour of the facility.

"As a non-profit we do what we can, but it's not enough."

WRA, which depends heavily on donations and some 200 volunteers, is one of the busiest wildlife rescue centres in the country.

Located in Burnaby, it's fully equipped with a kitchen, an operating room, an x-ray room and washing station.

> **As a non-profit we do what we can, but it's not enough.**
> Linda Bakker

Outside, there are numerous birdcages and gazeboes to house the animals before they're released back into the wild.

Last year, 5,533 animals came through the door, a 20 per cent increase from 2014, Bakker explained.

"Our numbers go up every year. The amount we've seen this year makes us think we're going to go over 6,000," she said.

Lately, it's been a lot of "big groups," like 62 gulls, covered in soybean waste or 16 mallard ducks, all covered in oil.

"They really put us through an emergency situation. It requires a lot of resources. The gulls, we estimated, cost $26,000," Bakker said, adding the average length of time an animal stays at WRA is two weeks.

One positive outcome about the English Bay fuel spill, however, was the positive relationships forged with all the partners involved, she noted.

"The government, the coast guard.... Every time you go through a process like this, it gets better."

To donate to WRA, visit wildliferescue.ca.

This duckling got separated from his family and was found walking around under the viaducts near Rogers Arena.
TEREZA VERENCA/METRO

DRUGS

Naloxone used to help stop 7 overdoses

Emily Jackson
Metro | Vancouver

Seven people are alive today in part due to a two-month-old policy change that lets firefighters administer a drug that reverses the effects of opiate overdoses, Vancouver Fire Chief John McKearney told city councillors Wednesday.

Vancouver and Surrey firefighters started training to administer naloxone, a drug that can save people overdosing on heroin or fentanyl, at the end of January in response to an "alarming" increase in the number of overdoses, McKearney said.

Vancouver has since trained 230 firefighters, who have successfully administered the drug seven times, McKearney said.

While it's not certain the drug alone saved their lives — firefighters, who are often first responders, are also trained in respiratory resuscitation — McKearney called it a "lifesaving tool."

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Release name of bank: Critics

FINTRAC

$1.1M fine issued, but agency won't name names

Canada's terrorism and money-laundering watchdog announced Tuesday that has issued a $1.1-million fine against an unknown financial institution for failing to report a suspicious transaction and various other infractions. TORSTAR NEWS SERVICE

Why is the federal anti-money-laundering agency tight-lipped about the name of the first Canadian bank found to violate its regulations, but publicly shaming smaller players?

That's what a wide-ranging group of critics want to know about the first-ever penalty against a bank by the Financial Transactions and Reports Analysis Centre of Canada.

The terrorism and money-laundering watchdog, known as Fintrac, announced Tuesday that it has issued a $1.1-million fine against an undisclosed financial institution for failing to report a suspicious transaction and various other infractions.

"Our criminal and administrative law regime is based on disclosure of wrongdoing not on secrecy of wrongdoing," said Christine Duhaime, a lawyer who specializes in anti-money-laundering law.

"Joe Average who is fined for any administrative infraction is not afforded secrecy in this way and the rules should apply to all Canadians, legal and natural personals, equally."

Fintrac said Tuesday's announcement is meant to deter others from failing to report.

But the bank's name was not added to a list of violators published on the agency's website. However, the home page shows the name of many smaller companies.

Fintrac collects millions of pieces of data from 31,000 businesses every year and analyzes them for suspicious activity. Those businesses are legally required to report certain financial activities — anything from cash transactions of more than $10,000 to a disguised customer.

The centre has legal power to use its discretion on whether to publicly name companies it has fined. The recent unnamed financial institution isn't the only case where it has taken exception — the companies involved in 34 of the 74 monetary penalties the agency has levied since 2008 have not been disclosed, said spokesman Darren Gibb.

In the case of the bank, the agency decided it was in the public interest to publish the details of the penalty to "send a strong message of deterrence" in a timely manner rather than name the institution after a potentially lengthy appeal process. The financial institution has already paid the $1.1-million penalty.

Michael Baumbach is director of Toronto-based Diamond Exchange Toronto Inc. which was fined $12,750 and named by Fintrac in March. He says the agency is unfairly punishing smaller firms like his jewelry business, which is trying hard to comply, while letting bigger players off the hook.

He believes the bank's name was kept secret because it has resources at its disposal to give Fintrac a legal headache. Meanwhile, he feels powerless when trying to get answers about why it fined his company, which now faces bankruptcy over what he says is an unjust fine.

The first-ever Canadian bank penalty has come to light amid heightened awareness about money laundering in the wake of the so-called Panama Papers, which implicate numerous Canadians in dubious banking practices around the world.

TORSTAR NEWS SERVICE

TAX EVASION

Trudeau urges global crackdown

Prime Minister Justin Trudeau said Wednesday the international community has to work together to make global finance more transparent to prevent the sort of inequality highlighted by the so-called Panama Papers scandal.

Otherwise, rich investors will simply "hop" around to favourable jurisdictions where they can avoid paying tax, Trudeau said.

"The level of awareness that citizens of the world are beginning to take in regards to tax avoidance and evasion is a good thing," Trudeau said.

"But it's certainly something that we will be working on together as a community of nations."

Trudeau was asked about the matter in Montreal, where the annual general meeting of the Royal Bank of Canada — the only Canadian bank linked to the data leak — was also taking place Wednesday. Media reports say the bank used Mossack Fonseca, a Panamanian law firm at the centre of the data leak, to set up more than 370 shell companies. THE CANADIAN PRESS

NOVA SCOTIA

Keeping Rehtaeh's story alive

Yvette d'Entremont
Metro | Halifax

Thursday marks three years since Dartmouth, N.S., teen Rehtaeh Parsons' death, but her mother Leah Parsons said her daughter's story is still changing lives.

"I get messages from people all the time about how Rehtaeh has helped them, how she has saved their lives, made them get help, has given them the strength to speak out and say 'You know what? This happened to me too and I need to get help for this now,'" Parsons said in an interview.

"A woman came up to me just the other day and said her daughter is here now because she reads the posts that I put up. She (Rehtaeh) is a pretty powerful force. Still."

It was April 4, 2013, when Rehtaeh attempted suicide following months of cyber-bullying. On April 7, 2013, the 17-year-old was taken off life support.

"She was my driving force

Rehtaeh Parsons and her mother Leah. CONTRIBUTED

I'd say, and she's still here. I feel her presence when I go to speak…I'm giving her a voice, but it's her," Parsons said.

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Belgium not a 'weak link'

TERRORISM FIGHT

Bombings lay bare failings by country's security service

Belgium's prime minister acknowledged Wednesday that the country has made mistakes in combatting violent extremism but rejected the notion that it has become Europe's weakest link in efforts to eradicate the threat.

"In the fight against terrorism, in all countries in the world and in Europe, there have been successes and there have been failures," Prime Minister Charles Michel said.

Belgium has succeeded in preventing many attacks, he said, and in 2015 alone successfully prosecuted scores of people on terrorism-related charges.

"If we were weak, then we would not have been able to convict 100 persons," he said.

> If we were weak, then we would not have been able to convict 100 persons.
> Charles Michel

Michel appeared before a group of largely foreign journalists to deliver what he called the "key message" that following the widespread disruption caused by the March 22 suicide bombings at Brussels Airport and in the capital's subway, "today we return to normal life in Brussels and Belgium."

Thirty-two people died in the attacks, which were claimed by Daesh. Three bombers were also killed.

The bombings, and missed signals in Belgium's investigations of many of those responsible for the Nov. 13 attacks in Paris that killed 130, laid bare numerous failings by Belgian law enforcement and security services.

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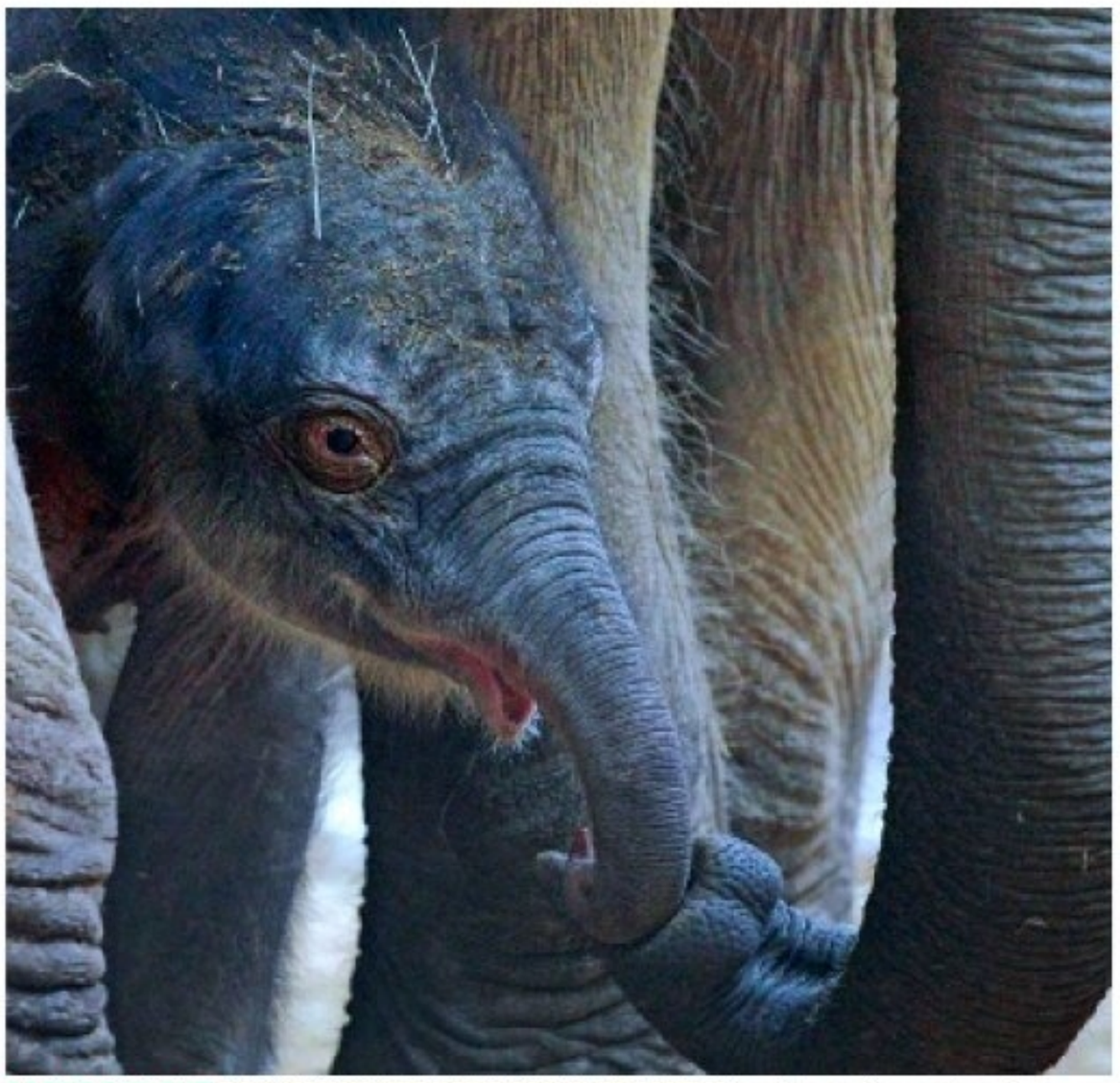

BABY'S DAY OUT ZOO SHOWS OFF NEWBORN ELEPHANT This picture shows a two-day-old Indian elephant and its mother in the Zoo of Prague, Czech Republic. The zoo says the mother, Janita, gave birth to the 104-kilogram male calf — her first — early Tuesday. It has yet to be named. The zoo has had elephants since 1933. AFP/GETTY IMAGES

EUROPEAN UNION

Dutch reject free trade deal

A clear majority of people who voted Wednesday in a Dutch referendum rejected a far-reaching European Union free trade deal with Ukraine, and with all votes counted it was clear that the threshold of 30 per cent voter turnout would be met and the result would be valid.

The turnout was at 32.2 per cent, broadcasters NOS and RTL reported after all votes were counted and reported by municipalities to national news agency ANP's election service.

While it was long in doubt if the result would be valid, the sentiment among those in the nation of 17 million who voted was crystal clear: According to the ANP count, 61.1 per cent rejected the EU-Ukraine pact and 38.1 per cent voted for it. The remaining votes were blank or spoiled.

As expected, the vote underscored a deep-rooted skepticism about this country's place in Europe. The non-binding Dutch vote came less than three months before British citizens decide in their own referendum whether to leave the EU altogether.

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metro VIEWS
Your essential daily news
Thursday, April 7, 2016

CHANTAL HÉBERT ON THE NDP'S LEADERSHIP CRISIS

In politics, half of the battle often amounts to staying alive to fight another day and, by all indications, Mulcair would be happy to settle for what could be no more than a reprieve.

As the New Democrats prepare to pronounce on Thomas Mulcair's leadership, here is a prediction: Regardless of how the NDP leader scores on confidence vote Sunday, there will be little or no cause for celebration at the party's gathering in Edmonton.

One way or another, most of the delegates will leave the convention with the sense that the leadership issue remains unresolved, and their party is unmoored in the federal universe. There will be no definitive resolution to what ails the NDP this weekend.

Most New Democrats will not really be asking themselves whether they want Mulcair to lead them in another election on Sunday.

If that were really the question put to the convention, the answer would almost certainly be negative or, at least, not positive enough for Mulcair to stay on.

In the five months since the federal election, few backers have emerged for his contention that he will do better next time. The fact that the party will have another shot at showing him the door before the next campaign has surfaced as a more compelling argument for postponing a leadership change.

That's basically the case laid out by — among others — Unifor's president Jerry Dias. The leader of Canada's largest private sector union argues the decision as to who will lead the party in 2019 should be based on what Mulcair achieves between now and the next time his leadership comes up for review in two years.

If the NDP leader survives the weekend it will be, in no small part, on the basis of that logic.

If, on the other hand, his convention support falls short, the many New Democrats who are out to punish him for a disappointing campaign will feel vindicated, but for how long?

Predictably, some of the more aggressive promoters of a leadership change are MPs who lost their seats last fall. Some of them also happen to have been at the table when the campaign strategy — including the party's lacklustre platform — was agreed upon.

For all the talk of poor choices and uninspiring execution, there is no evidence that a more aggressively left-wing approach would have delivered more seats last fall. Moreover, at this juncture, those who believe the party has lost its way in a self-defeating rush to the centre lack a unifying figure to make the case for their conclusions.

To sum up: The NDP does have a leadership crisis on its hands. The only question is whether enough delegates will agree to keep a lid on the issue this weekend. But the larger crisis is one of relevance and it is one that Mulcair's efforts over the past few months have only highlighted.

Much like his campaign strategy, the post-election path he has so far sketched out is based on the presumption that Justin Trudeau's government will so underwhelm progressive voters that they will rediscover the virtues of a moderate NDP and — by the same token — the merits of a ready-for-prime-time leader in 2019.

In politics, half of the battle often amounts to staying alive to fight another day and, by all indications, Mulcair would be happy to settle for what could be no more than a reprieve. After all, beggars can't be choosers.

The New Democrats are meeting on the heels of a resounding defeat in Saskatchewan; at a time when the Manitoba NDP is facing extra-long odds in the quest for a fifth mandate, and with the federal party in the basement of voting intentions

Mulcair can reasonably hope the context will be more favourable to his leadership in a couple of years.

But there is another scenario that may make it worth their while for the New Democrats who absolutely cannot fathom going into the next election with the current leader to keep their powder dry and it's Trudeau's promise of electoral reform.

The advent of a more proportional voting system in time for the next election could go a long way to shift the balance between the NDP's social-democratic ideals and the quest for government in favour of the former. It could also render the rationale for sticking with a middle-of-the-road leader such as Mulcair redundant.

Chantal Hébert is a national affairs writer. Her column appears in Metro every Thursday.

THE MICROTREND: Femininity consultants

Post-Caitlyn Jenner, trans rights are at the forefront of the fight for equality. For the movement, there are political and economic battles to be fought and entrenched stereotypes to erase. But for individual trans people, there's an equally important struggle: figuring out how to present themselves to an often hostile world. Of course, where there's a need, there's a business opportunity. Hence the inchoate cottage industry of femininity consultants such as Monica Prata, a New York woman (cisgendered) whose company, Nouveau She, provides clients at various stages of transition with advice in makeup, comportment and wardrobe. "Our objective ... is not to create a caricature of femininity but rather to illuminate your beauty within," says Nouveau She's website. SOURCE: VICE; IMAGE: THE CANADIAN PRESS

ROSEMARY WESTWOOD

metroview

Public changerooms: Our secret realm of body positivity

There's Kim Kardashian nude — all pouty and "empowered" on social media.

And then there's changeroom nude.

Where Kim is never short of vapid, Hallmark-inspired defences of nude selfies and her right to "be allowed to be sexy," in the changeroom at the downtown Jewish Community Centre, nudity is allowed to be saggy.

All day long, women file in and out, coming in clothed, exiting clothed. In between? They're naked. And not for self-promotion purposes.

A public changeroom is the anti-porn, the pro-reality. It's not that these average, assorted bodies can't be sensual, but they aren't naked for sex, or even sexiness. And in our culture, that is refreshing. No one is stopping to snap selfies tagged "#liberated." They're busy applying lotion.

Some women are tall and thin, or short and round, small breasts, large ones, slumped shoulders, knocked knees, loose skin, flat bottoms. Chatting in various states of dress and undress, calloused feet on tile floors, blow-drying their hair with a small towel over their bare shoulders to catch the wet drips.

They get dressed in helter-skelter fashion while passing by mirrors for makeup and hair primping.

The clientele skews older, which is enlightening for a young(er) woman. This is your future, their bodies announce, and no amount of #goals will save you from #time.

This is an oasis from beauty norms, even household norms (how many adult children are openly nude with their parents?). I've even seen a naked woman in the hot tub sing to herself, something bluesy.

As a teenager, I hated the flagrant disrobing. I used the private stalls, cringing at even my own mother or sister's bare bodies slipping in and out of swimsuits. Mortified most of all by the shower.

I grew into public nudity as I grew out of self-consciousness. Perhaps changerooms, then, are good barometers for how comfortable you are in your skin. But they're also an opportunity to see how comfortable others are. Others who aren't a Kardashian. Others who probably don't prize looking hot quite so much, and who take interest in other measurements.

It's not syrupy self-love on display, only self-acceptance.

Undoubtedly, most women could criticize their bodies, if asked to. But who would bother? And what's the point? You've already dragged yourself here for some kind of fitness effort, and your limbs are working to whatever degree, and you're not thinking about the size of your tits while you strap on a bra. Blessedly, neither is anyone else.

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NEW GIG
Lena Dunham and Jenni Konner, the brains behind Girls and Lenny, will oversee a line of books for Random House

Candy's history isn't too sweet

Author Susan Benjamin owns several historic candy shops called True Treats Candy. CONTRIBUTED

NEW BOOK

Author looks at the origins of treats

Susan Benjamin owns stores in Maryland and West Virginia called True Treats Candy that specialize in historical candy products, including treats created by Aboriginal Peoples.

She has now written a history of candy, Sweet as Sin: The Unwrapped Story of How Candy Became America's Favorite Pleasure.

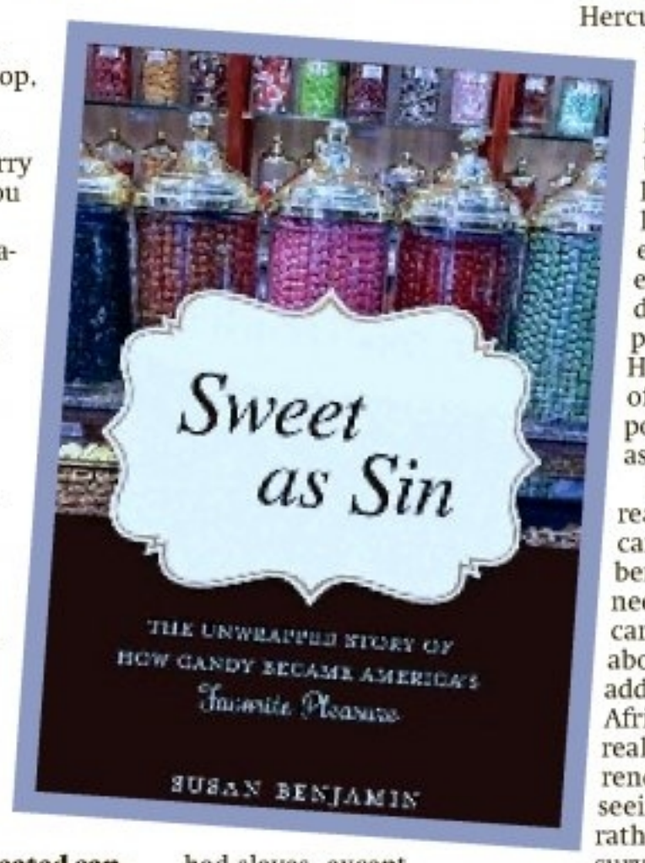
This conversation about her new book has been edited for length.

The idea of candy in North America really started with indigenous fruit — cranberries and blueberries, for example. It's surprising to find that peaches weren't natural to this continent and they changed the way people ate.

When you go through the supermarket, there is very little that exists as it originally was. You have to remember the honeybee didn't get to North America until 1622. The peach came here in the 1500s with the explorers. They flourished, in part, because native Americans created orchards. Fruits that were indigenous to North America, the strawberry and the blueberry, were changed by the European-Americans trying to create a more salable commodity.

When you talk about candy you have to address the lives of the African Americans. It is really dire and so horrendous. Susan Benjamin

We sell, in our historic candy shop, fruit from the Ojibwa tribe, the highbush blueberry and cranberry. You can really taste the difference. Native Americans used all parts of the corn and one good example is corn syrup, and that was used long before the Europeans came. The other corn product would be the corn cob. We sell corn-cob jelly in our shop. Native people would take various parts of the corn and use it as candy.



You write about the chefs who created candied treats for their employers, but your description of George Washington suggests he was a terrible boss, especially to his poor chef Hercules!

Washington was considered relatively good to his slaves. Most of the founding fathers had slaves, except for John Adams. Hercules is an amazing example because he defeated the system by escaping and staying escaped.

When George Washington lived in Philadelphia, which allowed slaves to become free after living in Pennsylvania for at least six months, he would often send his slaves back to Mount Vernon in Virginia, which was a state that had the largest number of slaves in the early United States. Hercules wanted to be his own man. Word got around to George Washington that Hercules wanted to be free, so he sent him back to Virginia and had him do arduous work in the fields. He did that to break Hercules' spirit so Hercules wouldn't think of escaping. Hercules did escape, but Washington did everything in his power to get him back. He posted notices; he offered Hercules the opportunity to come back as a free man.

I believe the main reason for slavery was cane sugar. Huge numbers of workers were needed to produce the cane. So when you talk about candy you have to address the lives of the African Americans. It is really so dire and so horrendous, and I started seeing them as survivors rather than victims. They survived these unbearable circumstances. It made me see my nation in a different way, and that many of these people were unsung inventors in the world of sugar and they need to be honoured and celebrated and admired.

TORSTAR NEWS SERVICE

No. VLC-S-S-158816, Vancouver Registry, **In the Supreme Court of British Columbia**

Between

Royal Bank of Canada Plaintiff and **NVKY Holdings Inc.**, **Naomi Tokunaga, aka Naomi Olianka**, **Vladimir Olianka** Defendants

NOTICE FOR PUBLICATION

To: Naomi Tokunaga, aka Naomi Olianka

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MUSIC

Health issues delay Janet Jackson tour

Janet Jackson is delaying her "Unbreakable" tour, saying Wednesday that she and her husband are planning their family and that she is under doctor's orders to rest.

The 49-year-old singer announced in a video on her Twitter account Wednesday morning that there has been a "sudden change" to the second leg of her tour, which started in August.

She didn't say she was pregnant with her first child, only that she needed to rest up.

Jackson married Wissam Al Mana in 2012. In the video clip, Jackson thanked her fans for their love and loyalty. She went on to thank her dancers, her band and her crew.

"Once again, thank you to all the fans for your love, your undying love; your loyalty, that means so much to me," Jackson said. "It's been a long journey and you guys have been there each and every step of the way and I really do appreciate that ... I will see you soon."

On Dec. 24, Jackson announced that she was postponing her tour until the spring to have an unspecified surgical procedure. She had been next scheduled to perform in early January in Denver.

She said no further details on her medical condition would be disclosed. Two weeks later, Jackson announced rescheduled tour dates after she took some time to recover from the surgical procedure.

Jackson said at the time the North American leg of her "Unbreakable" tour would resume May 14 in Las Vegas. Rescheduled shows were also to include dates in Portland, Oregon; Houston; Detroit; Atlanta; Washington; New York; Philadelphia and more. Live Nation had said tickets for previously announced dates would be honoured at rescheduled shows.

THE ASSOCIATED PRESS

Janet Jackson's comment that she's planning her family has fuelled speculation about a possible pregnancy. AFP/GETTY IMAGES

Artist Robert Mapplethorpe, right, who died in 1989, shocked sensibilities with his images of gay sexuality. CONTRIBUTED

JOHANNA SCHNELLER WHAT I'M WATCHING

The photographer who told Americans 'Made you look!'

THE SHOW: Mapplethorpe: Look at the Pictures (HBO)
THE MOMENT: The self-portraits

Halfway through this documentary, the late artist Robert Mapplethorpe — who was both renowned and reviled for photographing images of gay sexuality — tells a journalist the story behind his most controversial self-portrait.

After photographing a graphic sex act, Mapplethorpe recalls, one of its subjects challenged him: "You wouldn't want to be considered somebody who exploits people and isn't able to exploit himself."

So Mapplethorpe put on a vest, chaps, and boots, and (bear with me here) inserted a bullwhip into his anus. He posed with his back to the camera — then turned his head around and levelled his gaze right at us, the viewers.

"Most people would say that's a horrible image of yourself," the journalist remarks.

"No," Mapplethorpe replies. "That's a good one."

The title of this doc is a challenge, and it keeps challenging us throughout — both to see what Mapplethorpe saw, and to understand why he needed us to. Many of the images are squirm-inducing, and the interviewees acknowledge that.

But as Mapplethorpe insists, "Sexuality like I portray it is very much (happening) today. It will take a few years before people realize that," and, "What happens here is indicative of America, finally."

In other words, if many people are doing something, it can't be inherently wrong. Empathy requires understanding, and the first step toward understanding something is to look at it, unblinkingly. In his final self-portrait, Mapplethorpe holds a cane topped with a silver skull. He's dying of AIDS, and he faces that, also without blinking.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Two brothers transform a century-old lodge into the ultimate weekend destination.
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Colin Gillies and his wife, Sophia Jong, have added both a basement apartment and a third floor Airbnb suite to their Toronto home over the years to help cover their mortgage and other home-ownership expenses. CONTRIBUTED

Home buying the innovative way

REAL ESTATE

Ways to offset some of the costs of home ownership

Camilla Cornell

Colin Gillies has always regarded his house in a neighbourhood of downtown Toronto as an asset that will pay for itself.

"When we moved in, our kids were nine and 13, and we needed more space," he said. But the house he and his wife bought had more room than they needed, so they added a basement apartment. That has helped cover the cost of their mortgage for the past 30 years.

When Gillies developed a rheumatic disorder that required him to quit work in 2011, he and his wife added a small kitchen to the spacious third story of their home and hung out their shingle on Airbnb. The extra $125 a night they earn has helped ensure they don't feel the pinch as much from having their income basically cut in half.

"Last year, we brought in about $27,000," said Gillies.

The bonus? "We've really enjoyed having conversations and spending time with the people," he said. "My health was such that we couldn't travel. This way, the world comes to our doorstep."

As Gillies can attest, getting — and keeping — a foothold on the property ladder sometimes requires a little inventiveness.

Here are a few ideas to get you started:

Team up with a friend or relative

A 2014 survey by TD Bank found a shift towards non-traditional ways of purchasing property. About four in 10 Canadians said they thought buying a property with friends or family members would be a great way to get started.

The scenarios vary, according to Collette Skelly, a real estate agent with Real Estate Homeward. She has dealt with several pairs of friends looking for three-bedroom houses.

"They each take a room and they usually plan to rent the third bedroom to another friend," she said. In other cases, families seek a separate space in the house for an aging relative who is contributing cash to help them make the purchase.

But such agreements shouldn't be entered into lightly, says Pat Giles, associate vice-president, real estate secured lending at for TD-Canada Trust. Before embarking on such a venture, he advises, agree on a budget and down payment, as well as the key characteristics you want in a property, and what you're willing to compromise on.

In addition, most experts agree it's wise to write up a co-ownership agreement that stipulates who pays for what, and what happens if either party can no longer carry the mortgage, or one person wants out.

Launch an Airbnb

According to Aaron Zifkin, Airbnb's country manager for Canada, 82 per cent of the company's hosts around the world "share only the home in which they live, and 47 per cent say the income has helped them stay in their homes."

The downside, said Gillies: "I don't know if I would rely on Airbnb to top up a mortgage. Unlike having a tenant — nothing is guaranteed." But if you simply want to be less house poor than you otherwise would be, it's a great alternative, he said. And it's flexible. "If we have friends coming from out of town or we just want to take a break, we just update the calendar."

Take on a tenant

According to rentboard.ca, the average amount landlords get for a rental basement apartment in Toronto is $867 per month.

"You may have to invest a bit more upfront for the house and the renovations," said Susan Asquith, a real estate agent with Bosley Real Estate, Ltd. "But in the long term, it should pay off."

When seeking a house with a rental space likely to attract good tenants, consider the ceiling height and windows. Said Asquith: "No one wants to live in the dark." If there's already a separate entrance, you'll save the $12,000-plus it would cost to dig one. And accessibility to shops, restaurants and public transit are selling points for potential tenants.

Host a student

Rates to house a foreign student in your home vary between about $500 and $800 a month, depending on the quality of the room, and whether you feed your student as well.

It's not chump change, said Skelly. And it can help new homeowners manage the cost of their mortgage. But hosts should be aware there's work involved.

You're required to help students figure out how to get around the city and troubleshoot for them when necessary. And you must be tolerant of different habits and customs.

Want to learn more? Check out canadianhomestayagency.com and homes-abroad-international.com, to name a couple.

Opt for a 'transitional' neighbourhood

Investing in an up-and-coming area can allow you to get into the market and could well pay off big in the long run.

"Leslieville (in Toronto) was once considered a transitional neighbourhood," said Skelly. "And the Junction (in Toronto) used to be a disaster and all of a sudden it's the coolest place in town."

Tech tools to help find new digs

Marc Saltzman

If you're like most Canadians looking to buy a home, you might circle a house for sale advertised in a newspaper, arrange to have an agent send listings in your desired area, or perhaps you'll browse properties online.

You might also consider adding some more advanced tech tools to your arsenal.

"Buyers are increasingly savvy, and they're discovering new and exciting ways to research a property and its community before seeing it in person," said Lahav Reznik, broker and managing partner of Forest Hill Real Estate Inc. Brokerage.

"In conjunction with using a professional, these tools can provide a clearer overall picture of the property and its neighbourhood to help Canadians find their dream home."

In fact, many of these emerging technologies are Canadian-made.

Do the drone

Richard Foltys, founder of Richard Emmanuel Studios, says drone photography is becoming "extremely" popular among those who want a bird's eye view of a prospective property.

"We're getting more requests than ever from real estate agents and private sellers to shoot above and around larger properties," said Foltys.

"Homebuyers can get a great perspective of the property layout, an idea of how close they are to parks, walking distance to main streets, and the proximity of their neighbours," explained Foltys.

But these still images and videos need to be shot legally and responsibly, cautioned Foltys. Commercial drone photographers need to apply for a permit, but both drone photographers and hobbyists need to respect people's privacy and also not fly over anyone for safety reasons.

Foltys also uses a drone inside of a home as a virtual walkthrough.

"We can also provide an experience of what it's like walking through the house by taking the propellers off a drone and using the camera, with image stabilization, to shoot a smooth walk around inside," he said.

Richard Emmanuel Studios drone photography. RICHARD FOLTYS

Virtual tours

Why settle for flat 2D images of a home you're interested in when you can take a virtual tour on a smartphone, tablet, laptop or desktop?

That's the idea behind VR Listing, Inc., a service that delivers virtual tours of homes for potential buyers. The company also operates in New York and Barbados, says Aaron Tench, the company's 25-year-old chief executive officer.

"With VR Listing, agents can show their clients 10 houses in 10 minutes — with life-like realism and feel — without needing to leave their own home, saving both time and money," explained Tench. "We aim to change the way real estate is marketed globally and allow people to view properties from other countries."

A serial entrepreneur with a history in the tech start-up space, Tench says he and his partner, Jon James Atyeo, were monitoring the Canadian real estate sector and discovered the solutions for marketing properties were simply outdated.

The process begins with a multi-point scan of the interior of the property. A sophisticated scanning camera utilizes both high-definition optics and calibrated lasers to digitally map out the interior of a space.

Several image points are collected, and this information is digitally assembled to create a 3D rendering of the space. Using the information, a visual floor plan is created, along with a second schematic floor plan (with exact measurements of room sizes).

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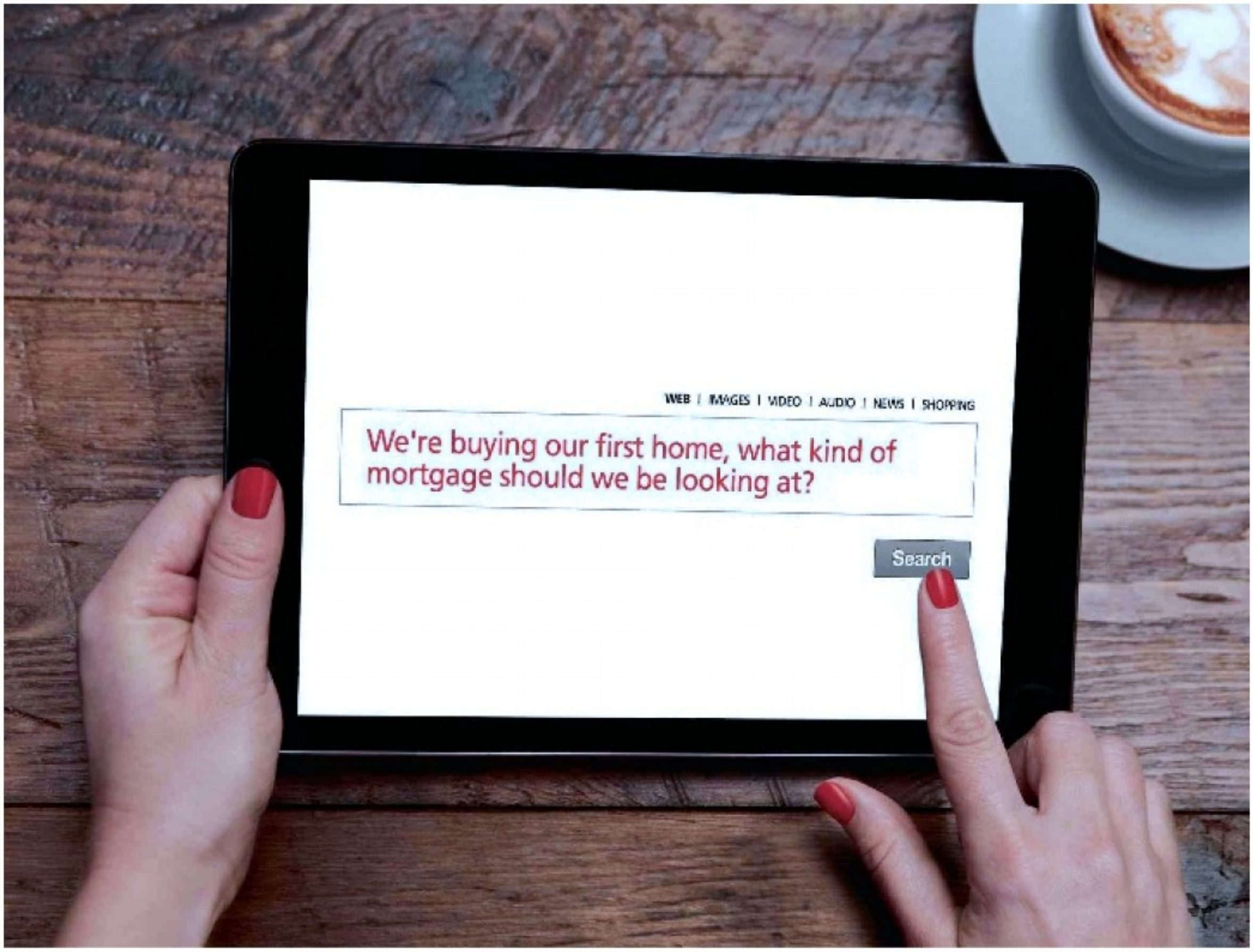

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Will your soon-to-be home be fraught with problems?

PROTECT YOUR INVESTMENT

Eager buyers who waive a home inspection to close a deal do so at their peril

ALEX SCHULDTZ

Brent Jolly

From leaky roofs and wet basements to plumbing problems and faulty foundations, Alan Carson has seen the entire spectrum of defects and damage that can haunt a home during his nearly 40 years in the home inspection business.

"I've never seen a perfect house," said Carson, president of Carson Dunlop, a home inspection consulting firm he co-founded in 1978. "Every good home inspection looks at several hundred components, so it's not just a quick cosmetic review."

Key areas that require reviewing in every inspection, Carson says, include the home's structure, the furnace and air conditioning, the plumbing, roofing, insulation and ventilation. And that's just the start.

"Home inspections help consumers understand what they're getting into and how to help them protect their investment," said Carson.

But with bidding wars becoming even more commonplace in some Canadian markets, more and more new homebuyers are choosing to forego a home inspection because it offers a chance to get a leg up on landing what they believe to be their perfect property.

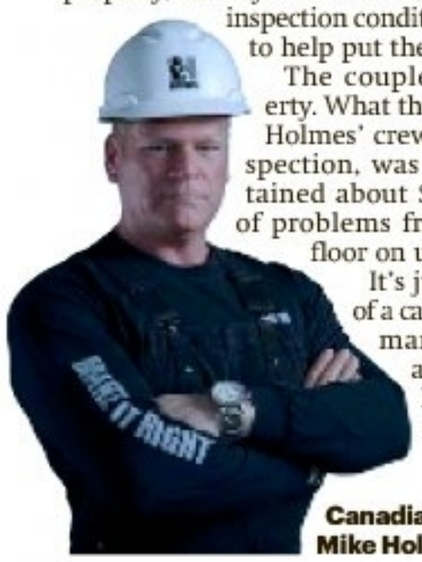
Although it's one way to help quickly close a deal, it's a strategy bound to backfire over the long-term, says Canadian contractor Mike Holmes.

"It's by far the biggest mistake 'boom buyers' can make," said Holmes. "Buying by illusion, rather than education, means consumers are likely to walk into a world of pain."

About a year and a half ago, Holmes and his crew were hired by a young couple, who had recently purchased a home near High Park in Toronto. With multiple offers on the table for the property, the buyers decided to waive the home inspection condition in their offer to help put them over the top.

The couple got the property. What they also got, after Holmes' crew did its own inspection, was a list that contained about $150,000 worth of problems from the ground floor on up.

It's just one example of a cautionary tale that many homebuyers are learning the hard way, Holmes says.



Canadian contractor Mike Holmes CONTRIBUTED

One of the best tips Holmes offers consumers preparing to put themselves in the crosshairs of a real-estate bidding war is for them to do their homework — earlier, rather than later.

To start, he says consumers should ask home inspectors lots of questions before hiring them. Clients should know how long an inspector has been performing home inspections and what they were doing professionally before inspecting homes.

The best home inspectors, Holmes says, often have previous experience in construction, contracting or the trades. It's an important fact to consider because Ontario does not yet have a formal licensing program in place for home inspectors.

Mark Weisleder, a real estate lawyer, recommends consumers take the time to be present when they get a home inspection done. It's a good idea, he says, because they can ask their inspector to explain potential problems to them on site, in language they can understand.

Another safeguard Weisleder recommends for homebuyers is to get to know as much about a home and its neighbourhood before making any offers.

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BEST BANG FOR YOUR BUCK

Renovate strategically

When it comes time to renovate a home, be smart about which fixer-upper projects you undertake.

Some updates will add extra value to a property come listing day, but others might fail to offer a return on investment.

"When you're doing renovations, a lot of the time they're for yourself and your own enjoyment, but that doesn't necessarily translate into something that's good for resale," said Brendan Powell, a realtor with the Brel Team.

"Yes bathrooms and kitchens are always where you get the biggest bang for your buck, but you don't always get more than you spend. Ask yourself, is it just an ugly kitchen or is it a complete disaster? You have to look at the house as a totality. If you're going to put in a brand new kitchen but the rest of the house looks like a disaster, you can't just do the kitchen. It's a slippery slope. Sometimes it's best to leave ugly things be. There's no point doing a lipstick makeover."

Homeowner Sharon Giraud, 49, recently began prepping her property for resale, to be listed this month. Giraud and her husband will be experiencing what it's like to live in other parts of the world, beginning with Malaysia.

"Our home-reno plans started a couple of years ago because we knew our exit date from Canada," she said. "We did things with that in mind."

The couple hopes to fetch top dollar for the house they've lived in for 16 years to help fund the next chapter of their lives as semi-retired, global-trotting renters.

The touch-ups are minor, with the goal of accenting a unique property tailored to professionals instead of families, as it features home offices, low-maintenance gardens, modern bathroom fixtures, and plenty of space for entertaining friends, including a pool.

Small improvements can work wonders toward making a good first impression, says professional stager and interior decorator Red Barrinuevo, of Redesign4more.

"Fix the scratches and leaky faucets, the cracked tiles and the grout issues," Barrinuevo advised.

"Those things make a big difference. You don't want to be handing your to-do list to the new owners. They can always go somewhere else with nothing to do."

Sometimes the biggest payoffs are fast and cheap.

"Painting is almost always worth it," said Powell. "Paint is cheap, easy and quick…"

For yards in need of a makeover, bring in inexpensive mulch for a clean look.

"Make it as easy as possible for people to see what the space is," said Powell.

"De-clutter so that the rooms look big and they can see past the stuff." TANYA ENBERG

Creating additional usable living space can help home sellers harness top dollar. ISTOCK

New build perks push boundaries

AMENITIES

Developers meet innovative demands of homebuyers

Keith Vanderkley designed a completely invisible surround sound system. CONTRIBUTED

TRIPLE BUILT

Great Gulf Homes builds its new residential properties three times using its H+ME Technology. First, the home is built in virtual 3D. Once all components are tested and the 3D rendering is approved, each panel, wall and even the roof is precision-engineered at a 200,000 square foot manufacturing facility. The home is then assembled on-site, often in as little as two days' time. *greatgulf.com*

Jaclyn Tersigni

Technology is constantly pushing the boundaries of what's possible, and consumers expect the best. In response, developers are pulling out all the stops to win prospective homebuyers. Houses and condos are more innovative than ever, incorporating new technologies, amenities and upgrades for easier, "greener" and more connected lifestyles.

Going green

Imagine a home that creates more energy than it uses — and saves you hundreds of dollars on your utility bill. Minto Group Inc. has built that green dream, called a Net Zero Energy Ready home, in its Arcadia development in Kanata, Ont. Billed as one of the country's most energy efficient homes, the "Killarney" is a 2,406-square-foot, three-bedroom house that blends technology with innovative design and materials to reduce home energy consumption by a whopping 65 per cent.

Its heating system is twice as efficient as a natural gas furnace, advanced insulation and triple pane windows help the house retain warmth. Its energy monitoring system helps the homeowner monitor their energy use.

The most impressive part of the home is its roof, which can accommodate solar panels to produce as much energy as the home is expected to consume in a 12-month period.

The home is open for public viewing while Minto constructs four townhomes with similar energy targets in the Arcadia community, to be sold upon completion. Arcadia is being used as a test site for future Net Zero Energy developments in other communities. The Killarney model starts at $452,900.

minto.com

Fancy amenities

Developers of new condominiums are getting creative when it comes to amenities. A new 38-storey residential building by Capital Developments and Freed Developments at 150 Redpath Ave. in Toronto will boast a 24-hour in-house diner to serve both residents and passersby. Residents can order room service, as well as have food brought up to one of the building's other attractive features — a rooftop pool and deck.

redpathcondos.com

With 25,000 square feet of indoor and outdoor amenities, Lighthouse Tower by Daniels Corporation — a 45-storey condo to be built at Queens Quay East and Lower Jarvis Street, overlooking Toronto's waterfront — will have the typical fitness facilities and party spaces, but also promises some fairly unique bonuses. Sophisticated home cooks and kitchen beginners alike can take advantage of the Kitchen Library, a space stocked with shared appliances for use, as well as cooking seminars and training. The Jam Studio will have gear and space for musicians of all levels to practise and play, while the Arts and Crafts Studio will provide opportunities for artists to create, learn and enjoy exhibits, programmed by Artscape.

danielswaterfrontcondos.ca

Big sound

FutureDreamHome, an annual feature at the National Home Show, showcases the best of design, architecture and innovative technologies in a model home for attendees to be inspired by. This year's installation — designed and constructed by Michael Upshall of Probuilt Design and Build company and Darren Sanger-Smith of residential design firm Structured Creations — featured North America's first ever installation of a completely invisible, state-of-the-art surround sound system.

In the home's recreational room, audio designer Keith Vanderkley used a series of speakers from Dolby, Amina Technologies and Triad Speakers to create rich sound that seems to emanate from all angles. The speakers are entirely invisible, hidden from sight behind the screen and in the ceilings. Listeners feel as though they are in the centre of the sound; background conversations in a movie scene sound as though they're happening behind you and a rain shower sounds as though it's coming from above.

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Showcase new life in your home

For today's buyer, the 'appeal' factor goes far beyond the curb. WEST BLUE MEDIA

Give buyers the chance to imagine living there, says Toronto luxury stager Anne Bourne. JONATHAN NICHOLLS

REVAMPED HOME

Stage your space to turn it into someone's dream home

Tanya Enberg

Carefully curated furnishings, lovely accent pillows, masterful lighting and clever pops of colour can shift a tired-looking space into a dream home for potential buyers while bringing in top dollar for sellers.

Calling in home stagers and their styling tricks to work their magic before listing is becoming the norm — a trend blooming, in part, from the around-the-clock rotation of reality-style home reno shows, each one culminating with the big reveal of a completely revamped, drool-worthy property.

"In the past few years staging has taken off like wildfire," said Toronto luxury stager Anne Bourne of StagingWorks.

"We've gotten $80,000 over list price and even more importantly, they're selling in a day. It's hard to know if it's the staging or the market, but I have to think the staging definitely has an impact."

Gone are the days when simply scrubbing the interior, cutting the lawn, and plopping a few pretty plants on the porch will do before pitching the 'for sale' sign.

For today's buyer, the 'appeal' factor goes far beyond the curb.

Enter the home stager to amp up the photo-ready treatment.

The goal of staging is to give buyers the chance to experience a space in a way that allows them to imagine living there.

It is about maximizing small rooms, reworking awkward spaces, choosing great art, lighting, accessories and furniture size strategically. While that may sound easy enough, in reality it can take an expert eye. Essentially, the images homeowners ogle in magazines often don't carry over into their own living quarters, say the pros.

Home stager and interior decorator Red Barrinuevo can make any space, from a 600-square-foot downtown condo to 6,000 square-foot house, pop.

"Every square foot counts," Barrinuevo said.

"Everything needs to showcase as much space as it can for homebuyers. They need to know exactly what they're going to do with the space and how they are going to do the layout with their furniture. When you walk into a house that's not staged and not de-cluttered, it's a challenge for most buyers. They think, 'How will my couch fit here?'"

Common rules for staging include removing TVs and replacing them with art and storing all personal items and mementos.

"No. 1, remove all of the little bits of clutter that we all have," advised Bourne.

"The stacks of paper, the tiny paper weights beside the lamp, any little knickknack things people tend to collect all should be gone. I'd rather see nothing on end tables than a lot of little things. Just stick one vase on your coffee table or three great coffee table books," she said.

"Keep it simple. The whole idea is to let people envision themselves in the house. People want to see the space, where they're going to cook or bake or whatever it is they do, but nobody wants to know what shampoo you're using."

THE PRICE FOR THE PROS

- A consultation of a condo of less than 1,000-square-feet will cost about $200-$300 and take up to three hours.
- The stager will advise on furniture placement and art, lighting and best accessories to showcase.
- Staging a 700-square-foot condo typically costs between $2,500 and $3000.
- A consultation of a mid-sized home will cost about $300-$350.
- Staging an occupied 3,000-square-foot home is about $2000-$2,500 on average.
- Staging a vacant property can run $4,500 and up.

Time to spring into staging your home

OPEN HOUSE

As you prep and primp your home to sell, here are a few accessories to freshen up your space. The best part is, you can take all these fab new finds with you to decorate your next dwelling.

Lisa Evans

Drape a colourful throw
An artfully arranged blanket can cover an unfortunate blemish on the couch or simply add a chic dash of colour to a neutral room. Cambie Yellow & White Blanket, $100, available at 1535A Queen St. W., Toronto, or visit cambiedesign.com.

Add some greenery
Send the knick knacks packing, but highlight an empty spot, on a coffee or side table, with an arty flowerpot, like this concrete gem. Marbled Icosahedron Geometric Planter by Double L Decor, $20, available at Gifted, 181 Park St., Waterloo, Ont. and ReChic Studio & Design, 1148 Queen St., New Dundee, Ont., or visit doubleldecor.ca.

Set the table with style
You don't have to pull out the good china and silverware, but perhaps dress up the dining table a little bit with a stylish tablecloth and a vase of fresh, in-season blooms. Garden Gate Tablecloth by Samantha Pynn for Simons Maison, starting at $24, available at Simons stores, visit simons.ca.

Toss a playful cushion (or two!) on the couch
Throw cushions are a great way to add some colour and style to a tired sofa or to your favourite, well-worn, comfy armchair. Pink Peony Stripe Pillow Cover, $39.50, available at Chapters and Indigo stores, visit indigo.ca.

Add a little ambiance to your outdoor decor
Is your patio table set up on the back deck? Help a new buyer picture summer fiestas with a few carefully placed items, like these lanterns (don't forget to add a tea light). Blue glass lanterns by PC Home, $12 to $16, available at Loblaw stores across Canada.

Brighten your bedroom with colourful bedding
Deflated duvet? Fluff up your tired set and accent pillows with cheerful new covers, like these ones designed by Sarah Richardson. Pomegranate Ribbon Stripe Ensemble (sheets, duvet and Euro sham sets, and accent pillow), US$200, visit sarahrichardsondesign.com.

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metro HOME

Your essential daily news

San Fran man builds box in friend's place to get around high rents

MEET THE CONDO

THE SHORE

North Shore Shangri-La

CONTRIBUTED

Project overview

The Shore in North Vancouver brings together modern West Coast architecture in the best setting on Earth. Adera Development Corporation has built these modern condos in four phases. The first two are complete, with the others still under construction. Their current promotion has three-bedroom homes starting at $579,000.

Housing amenities

Residents can customize their home to really make it their own. Whether it's modern quartz countertops, accent lighting or crown molding in the master bedroom, they have the power to unleash their creative genius. There's also the option to include a security system and a Nest thermostat in every purchase.

Location and transit

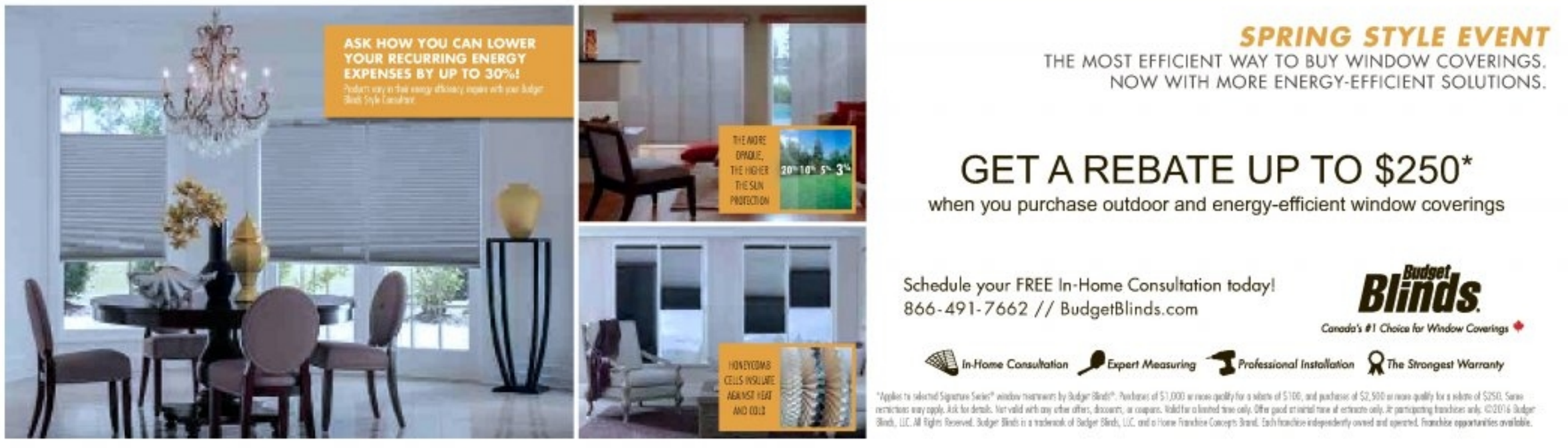
Residents living at The Shore can trade in their car for a pair of sneakers, as everything is so centrally located. With a Walk Score of 83, everything can be accomplished on foot. Downtown Vancouver and the SkyTrain is only a 12-minute boat ride across the Burrard Inlet.

In the neighbourhood

The Shore is in close proximity to some of Vancouver's most desirable addresses, including the Lonsdale Quay Market. Grocery stores, restaurants, coffee shops, shopping malls, gyms and parks are under a 10-minute walk. From the spa to the cinema, there's something for everyone.

NEED TO KNOW

What: The Shore
Builder: Adera Development Corporation
Designer: Cristina Oberti Interior Design Inc.
Location: North Vancouver
Building: Condominium
Sizes: 507 square feet to 1,183 sq. ft.
Pricing: From $250,000 to $750,000
Model: One, two and three bedroom and den homes
Status: Phase one and two complete, phase three and four under construction
Sales centre: 106-733 West 3rd St., North Vancouver
Phone: 604-980-0016
Website: adera.com/properties/the-shore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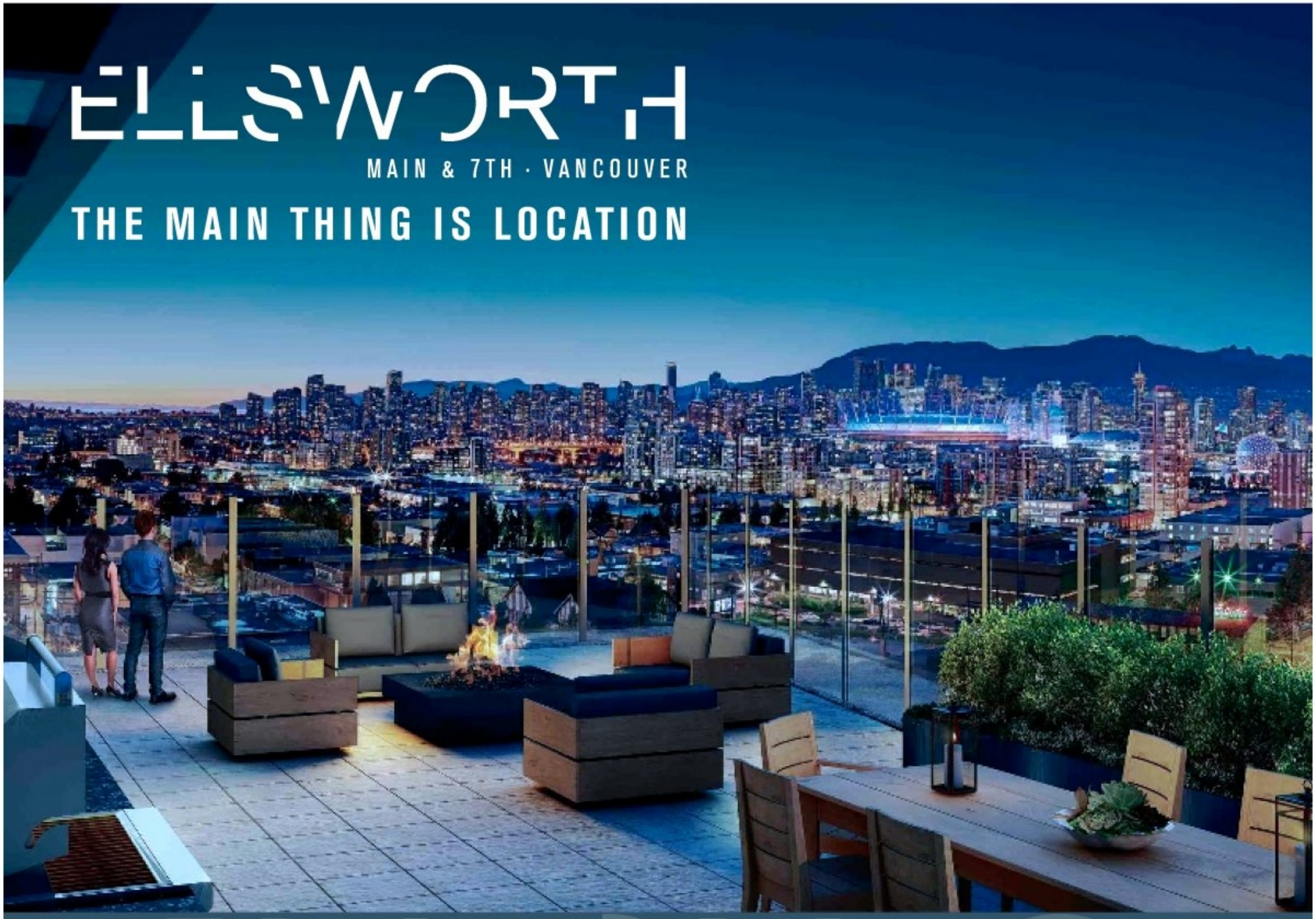

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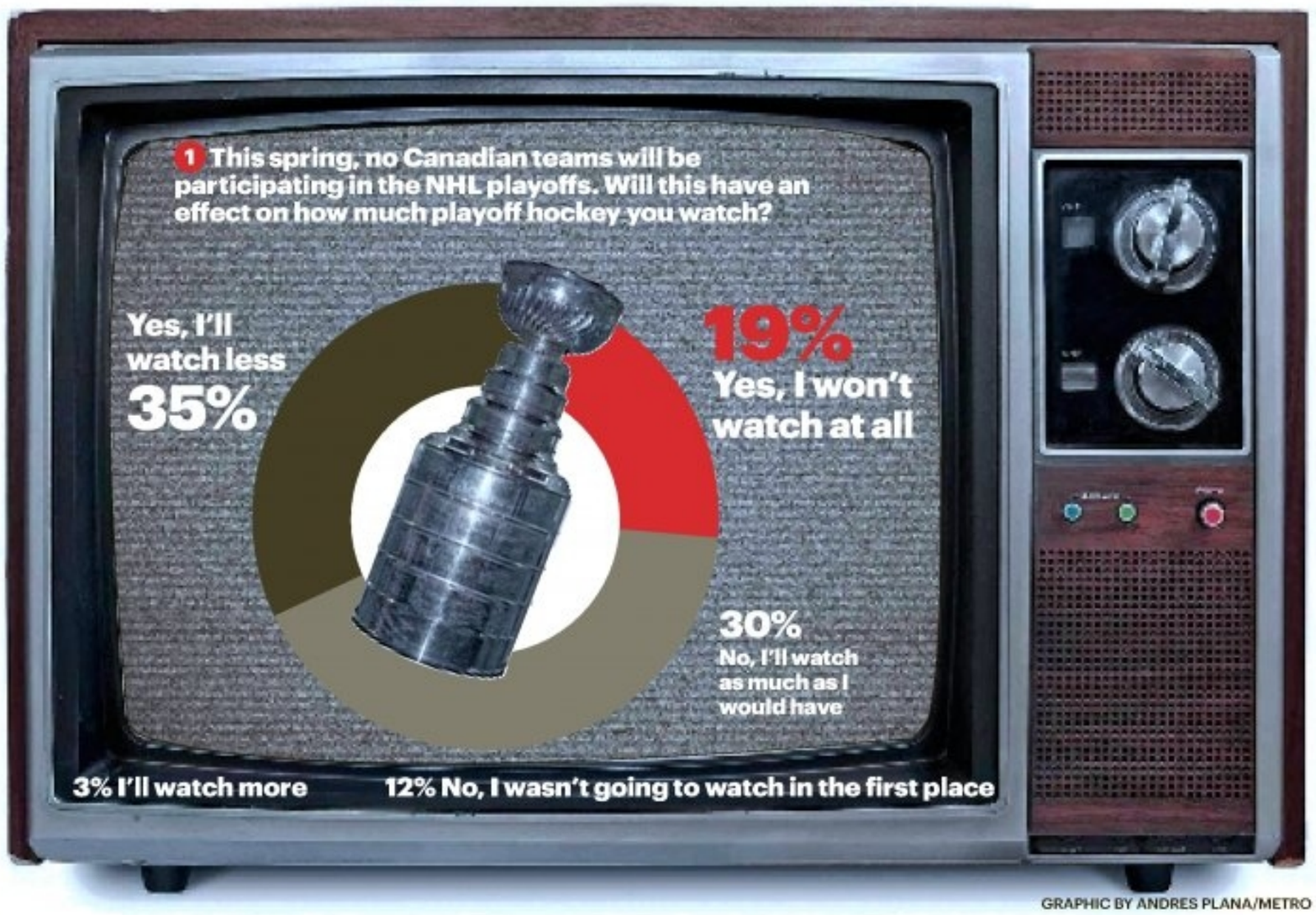
With two more home runs Wednesday, Robinson Cano became the first Seattle player to hit four homers in the first three games of the season

Cup fever could be dissipating

NHL

Survey shows playoffs are trending away from must-see

Cam Tucker
Metro | Vancouver


1 This spring, no Canadian teams will be participating in the NHL playoffs. Will this have an effect on how much playoff hockey you watch?
Yes, I'll watch less
35%
19%
Yes, I won't watch at all
30%
No, I'll watch as much as I would have
3% I'll watch more
12% No, I wasn't going to watch in the first place
2 If you had to choose, which U.S.-based playoff team(s) will you most likely cheer for?
46%
26%
25%
3 Which of the seven Canadian teams do you think will be the first one to break this streak and win the Cup?
26%

GRAPHIC BY ANDRES PLANA/METRO

For the first time since 1970, Canada's NHL teams have been entirely shut out from the Stanley Cup playoffs, which could throw a heavy hit on viewership north of the border, a new Angus Reid Institute survey suggests.

The absence of Canadian teams means 54 per cent of fans who would usually watch the NHL post-season say they will either watch less playoff hockey this year or won't even watch at all, according to the online survey of 1,522 Canadians conducted from March 28 to 31.

Last week, the Ottawa Senators were the final Canadian team to be mathematically eliminated from contention, ensuring that for a 23rd consecutive year, a Canadian team will not win the Stanley Cup.

For most Canadian teams, specifically Vancouver, Calgary, Edmonton, Winnipeg and Toronto, the stretch drive has been less about playoffs and more about dropping to the bottom of the standings for the best chance at landing the first overall pick in the 2016 NHL Draft — also known as the Auston Matthews sweepstakes.

According to the survey, not having a Canadian team in the playoffs could have a substantial impact on the number of "diehard fans" who choose to tune in.

Of the 131 people who identified as "diehard fans," 47 per cent said they would watch less playoffs this year. Twelve per cent said they won't watch at all.

"I think that just goes to show how closely diehard hockey fans in this country identify this as Canada's game," Shachi Kurl, executive director for the ARI, told Metro.

Still, almost 200 Canadian players will compete for the Stanley Cup on playoff teams this spring.

The Florida Panthers, with former Canuck Roberto Luongo as their star goalie, and the St. Louis Blues lead the way each with 16 Canadian players on their rosters.

The survey states that 46 per cent of respondents said they will support the Chicago Blackhawks, the defending champs, in the Western Conference. Twenty-six per cent said they would support the Boston Bruins (if they make it) in the East, and 25 per cent said they'd go for Sidney Crosby and the Pittsburgh Penguins.

"Even though we know that there are going to be certain hometown heroes … this is really about local pride and about Canadian pride," said Kurl.

The Montreal Canadiens are the last Canadian team to hoist hockey's coveted silver chalice back in 1993.

The Habs are, in the minds of fans, the favourites to reclaim hockey supremacy, with 26 per cent of respondents saying they would be the next Canadian team to win the Stanley Cup.

Not everyone shares that sense of optimism. Three per cent of respondents say no Canadian team will ever win the Stanley Cup again.

NHL

Canucks left out in cold as Oilers close up shop on Rexall Place

The Edmonton Oilers gave their fans something to cheer about in their final home game of the regular season.

Patrick Maroon scored twice as the Oilers won at Rexall Place for the final time, beating the Vancouver Canucks 6-2 on Wednesday.

Nail Yakupov, Connor McDavid, Leon Draisaitl and Taylor Hall also scored for the Oilers (31-43-7), who snapped a three-game losing skid.

"It was a really good effort from all fronts," Hall said. "We had some really good goaltending and the special teams that have been letting us down of late were there tonight, huge. It was a good way to finish it off here. It was a fun night with really good electricity in the building. We finished it off right."

WEDNESDAY

OILERS	CANUCKS
6	2

McDavid ended up with three points on the night.

"It was a pretty special night," said the rookie centre. "We put on a good game for the last one here, everybody wanted to do that."

Making the win especially important was the poor performance put forward by the team in their second-last game at Rexall, a 5-0 loss to the rival Calgary Flames on Saturday.

"We needed to win," said Jordan Eberle, who had two assists. "That was a must-win for us. We knew in the locker room that we had to come out and play our best, and we did that. We got the points and sent the fans off here well."

Matt Bartkowski and Bo Horvat replied for the Canucks (30-37-13), who saw a three-game winning streak come to an end.

"I just believe if you accept being average, you're going to be average," said Canucks head coach Willie Desjardins. "Tonight we accepted being average. We didn't fight through enough."

THE CANADIAN PRESS

The Oilers played their last game at Rexall Place on Thursday night. JASON FRANSON/THE CANADIAN PRESS

Steven Souza Jr. of the Rays hits a three-run home run off Blue Jays reliever Arnold Leon on Wednesday in St. Petersburg, Fla.
CHRIS O'MEARA/THE ASSOCIATED PRESS

Rays sting Jays late

MLB

Souza's two homers help Tampa earn series split

WEDNESDAY At Tampa

5	3
RAYS	BLUE JAYS

Steven Souza Jr.'s first multi-homer game helped the Tampa Bay Rays to a second straight late come-from-behind victory.

Souza's second home run of the game, a go-ahead, three-run drive in the eighth inning, lifted the Rays over the Toronto Blue Jays 5-3 Wednesday.

Erasmo Ramirez (1-0) allowed one hit over the final two innings as the Rays split the four-game series after losing the first two.

"Just to even it up with those guys over there was so big for us," Souza said. "It's a great team over there. Obviously a playoff team and one of the best in the American League."

Souza pulled Tampa Bay to 3-2 in the sixth with a solo homer off J.A. Happ. Tampa Bay has homered in a team-record 18 consecutive games dating to Sept. 20.

"I'm just staying within myself," Souza said. "Letting the ball take its course."

Evan Longoria and Desmond Jennings singled off Gavin Floyd (0-1) in the eighth, and Arnold Leon relieved with one out. Souza homered to centre for his fourth hit of the game, tying his career high.

Josh Donaldson hit a three-run homer in the third off Matt Moore. The reigning AL MVP left after a seventh-inning at-bat with a strained right calf.

"The calf just sort of locked up," Donaldson said. "I tried to go three or four innings with it. It was just one of those situations where one, I didn't think I was quite able to play defence the way I wanted to, and two, if I had to try and run, it was pretty difficult. But I don't think it's too serious and, hopefully, I'll be back for our next game."

Moore gave up three runs, five hits and two walks in five innings with six strikeouts. Happ allowed two runs and seven hits in six-plus innings.
THE ASSOCIATED PRESS

"It doesn't offend my mother, my daughter, my wife, who have a great understanding of life."
Toronto manager John Gibbons defended his comment that "maybe we'll come out wearing dresses tomorrow," which he made after the Jays lost 3-2 to the Rays on Tuesday night because of baseball's new rule on breaking up double plays.

NEW YORK

Yankee bats show Astros no mercy

Starlin Castro homered and drove in five runs, Mark Teixeira had four RBIs and the New York Yankees trounced the Houston Astros 16-6 for their first victory of the season Wednesday night.

Teixeira and Castro each hit a three-run homer. Carlos Beltran also went deep and Castro finished with four of the 17 hits for the Yankees, who chased Collin McHugh (0-1) in a six-run first inning that lasted 36 minutes.

Michael Pineda (1-0) benefited from the offensive outburst, taking home a win despite allowing six runs and eight hits in five innings.

Carlos Correa went 4-for-5 with two home runs and George Springer had his first career grand slam for Houston, a 5-3 winner Tuesday in the frigid opener (2 C at game time). This one started with the temperature at 6 C and took three hours, 45 minutes to complete. THE ASSOCIATED PRESS

ATLANTA

Call-up gets the job done for Nationals

Pinch-hitter Matt den Dekker, recalled from the minors earlier in the day, had a tiebreaking, two-run double in a three-run seventh inning that led the Washington Nationals over the Atlanta Braves 3-1 Wednesday night for an opening two-game sweep.

Stephen Strasburg (1-0), starting his final season with the Nationals before becoming eligible for free agency, allowed one run and six hits in six innings.

"He just got off the plane and came through for us."
Manager Dusty Baker on Matt den Dekker

Jonathan Papelbon gave up a pair of one-out singles but closed the door to earn his second save.
THE ASSOCIATED PRESS

SOCCER

Canadian 'keeper to miss Olympics

Cam Tucker
Metro | Vancouver

Erin McLeod delivered the "heartbreaking" news on Wednesday, saying in a statement from Canada Soccer that she will not be available for the 2016 Summer Olympics due to a torn ACL injury suffered in a recent Champions League match.

"The biggest question is the Olympics and because I have already had two operations it makes a third one, well, extremely complicated," McLeod, the goalkeeper for Canada's women's national soccer team, said in a statement.

"What I know for sure is I won't be ready for August. My surgical options mean it will take between one and two years to come back, and there are no guarantees, as there never really are in life.

"This news was of course heartbreaking because going to the Olympics is a dream as well as an honour. This Olympic team is one that will excite you, I know for me, it feels like I have been waiting for this group my whole career. The people on this team work harder than any other people I know, and, well, I know they will give anything for the emblem on their chests."

The Canadian women's team, which earned a bronze medal in 2012 in London, has already qualified for the Rio Olympics.

115
McLeod, 33, has made 115 appearances for Canada, with 43 clean sheets.

Erin McLeod backstopped Canada at last summer's Women's World Cup here in Canada. MINAS PANAGIOTAKIS/GETTY IMAGES

IN BRIEF

Wolfsburg stuns Madrid in first leg of quarter-final
Wolfsburg battled its way to a shocking 2-0 victory over record 10-time winner Real Madrid in the first leg of their Champions League quarter-final on Wednesday.

Ricardo Rodriguez and Maximilian Arnold supplied the goals. Madrid's Cristiano Ronaldo had a goal disallowed for offside in the second minute
THE ASSOCIATED PRESS

Lions: Collie to retire
The B.C. Lions announced Wednesday that national receiver and former NFLer Austin Collie has informed the local CFL club of his intention to retire.

Collie, 30, joined B.C. last year and had connections with former head coach Jeff Tedford. He spent one season with the Lions, appearing in 16 games with 72 catches for 439 yards and seven touchdowns.
CAM TUCKER/METRO

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RECIPE Black Bean & Tuna Wrap

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This protein-packed wrap makes an easy, healthy dinner.

Ready in
Prep time: 30 minutes
Total time: 35 minutes

Ingredients
- 1 x 19 oz. can of black beans, drained
- 1 x 5 oz. can of tuna
- 1/2 cup chopped fresh tomato
- 1/2 cup chopped red pepper
- 1/4 cup finely chopped red onion
- 1/4 cup olive oil
- 3 Tbsps lime juice
- salt and pepper to taste
- 1/4 cup chopped cilantro
- 2 handfuls of chopped lettuce, washed and dried well
- 1/2 an avocado, sliced
- 4 tortilla wraps

Directions

1. In a large bowl, toss together beans, tuna, onions, peppers, oil, lime juice and salt and pepper. Cover and place in the fridge for half an hour or overnight for the flavours to combine and develop.

2. When you're ready to assemble your wraps take your bowl out of the fridge, add your chopped cilantro and stir.

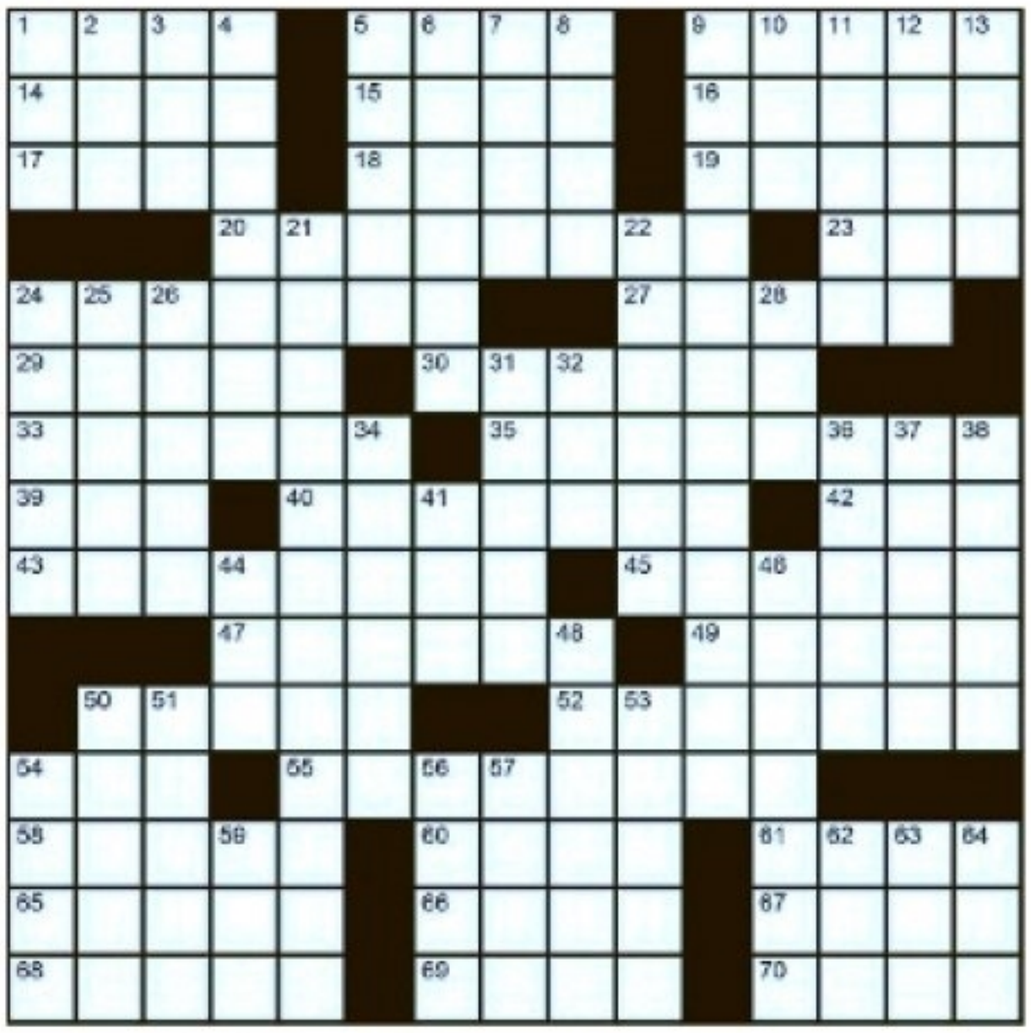
3. Lay your tortillas out on your work surface.

4. Place your lettuce down first (this will keep your tortilla from getting soggy), then scoop the tuna on top, and add a few slices of avocado. Make a rectangle of filling in the middle of your wrap. Pull one side of your wrap over the filling and tuck it in snugly. Now fold over both ends of the wrap. Keep rolling it over until it's closed. Slice in half and serve.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Wooden wedge
5. Sea lettuce
9. "What am I, chopped _?"
14. Verdi opera
15. Sci. class
16. Dispatch boat
17. Ringing reverberation
18. Mini medians
19. Biker role in #61-Across
20. 11:00pm, for instance: 2 wds.
23. Social pages word
24. Fab Four, for one
27. Canada _ (CBC's annual books competition)
29. Regular
30. Woodstock salutes
33. Of the body's major artery
35. Rules of conduct
39. Shiba _ (Dog breed of Japan)
40. Pamplona's locale in northern Spain
42. Muesli tidbit
43. Drop in rank
45. Sacred place
47. Gilligan's boat, S.S. _
49. Ancient Greek colony
50. Joe of "JFK" (1991)
52. The _ (Novel by #9-Down which is the 2016 winner of #27-Across)
54. Abitibi article
55. 1934: Montreal Neurological Institute founder, Dr. Wilder _ (b.1891 - d.1976)
58. Express
60. Sports car, _ Romeo
61. "_ Rider" (1969)
65. Latin for 'I believe'
66. Enter: 2 wds.
67. _ & The Bunnymen
68. Russian ballet company
69. Hobbyist's purchases
70. Actor, Oliver _

DOWN
1. Maple's meal
2. "Speed it up, stallion!"
3. US 'Gem State', briefly
4. Shopping centre regular's nickname
5. Decrease
6. It keeps a censor ready with the bleep button: 2 wds.
7. Van _, Vincent
8. Besides
9. Newmarket, Ontario born author (More at #27-Across and #52-Across): 2 wds.
10. Climber of the quoins
11. Choice dish
12. Rob of "90210"
13. Automatic
21. Nfld., for one: 2 wds.
22. Cheering-on people
24. Randy of "The Apprenticeship of Duddy Kravitz" (1974)
25. "Can you give _ _ moment, please?" (Making-a-decision couple's request)
26. Latin for 'gold'
28. Peer Gynt's mother
31. Actors Joe or Vincent
32. Odd, briefly
34. Ms. Kazan of "My Big Fat Greek Wedding 2" (2016)
36. Fist, in France
37. Actress Ms. Raymonde
38. Bargain
41. "_ Ryan's Express" (1965) starring Frank Sinatra
44. Mantric syllables
46. Antlered creature of European woodlands: 2 wds.
48. Nintendo's getting-in-shape offering, _ _ Plus
50. Science dish
51. 'Poly' add-on (Synthetic fabric)
53. Angles
54. Good fortune
56. Harps
57. Sight-of-ice in The Arctic
59. Japan's capital's old name
62. Expert
63. "_-Devil" (1989)
64. Greeted, Rocky-style

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Today the only New Moon in your sign all year is taking place. That's why this is the best day to take a realistic look in the mirror to see how you can improve your image.

Taurus April 21 - May 21
A hidden epiphany or a sudden idea likely will occur to you today. Listen to what it is, because it might help you.

Gemini May 22 - June 21
This is the only New Moon all year regarding friendships for you. Are you happy with your friendships? Do your friends care about your welfare? Think about this.

Cancer June 22 - July 23
This is perhaps the best day of the year to think about your life direction. Are you headed in the direction you want to go? Are your goals really your goals?

Leo July 24 - Aug. 23
What further training can you get to improve your job? What further travel and education might enrich your life? Think about this today.

Virgo Aug. 24 - Sept. 23
Today's New Moon urges you to study your debt and anything that has to do with shared property. Figure out what you owe and what you own, because information is power.

Libra Sept. 24 - Oct. 23
Today is the only New Moon that is opposite your sign all year. This means it's the best day of the year to think how you can improve your partnerships and close friendships.

Scorpio Oct. 24 - Nov. 22
Today's New Moon is an opportunity to think about how you can be more efficient at work. It's also the perfect time to think about how you can improve your health.

Sagittarius Nov. 23 - Dec. 21
How well do you balance play and work in your life? It's crazy to work so hard that you never enjoy life. "What's it all about, Alfie?"

Capricorn Dec. 22 - Jan. 20
The New Moon today is your chance to make resolutions about how to improve your home, as well as how to improve your relationship with family members. Ideas?

Aquarius Jan. 21 - Feb. 19
Communication with others is important because we are social creatures. Do you listen as well as speak? How can you be a better communicator?

Pisces
Feb. 20 - March 20
Today's New Moon encourages you to think about how you handle your money and your possessions. What kind of report card would you give yourself?

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

			5		8			
			9		7			
9		8				6		3
4	8						7	2
				4				
7	2						1	9
1		2				5		7
			2		3			
			8		1			

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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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6	4	9	7	8	2	5	1	3
8	2	5	4	3	1	7	9	6
1	7	3	5	6	9	2	8	4
4	3	8	1	9	5	6	2	7
2	9	6	3	7	8	1	4	5
7	5	1	6	2	4	9	3	8
3	1	4	2	5	6	8	7	9
5	8	2	9	4	7	3	6	1
9	6	7	8	1	3	4	5	2

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[1] Contest ends on Saturday, May 7, 2016 at 3:59:59 pm PT. No purchase required. There is one prize of one thousand Canadian dollars (CAD$1,000) available to be won. Odds of winning depend on the number of entries received. Skill-testing question required. Full Contest Rules available at the branch located at 446 SW Marine Dr., Vancouver, BC. [2] While quantities last. [®] The TD logo and other trade-marks are the property of The Toronto-Dominion Bank.